

## What's On! September 2018

## Adult Social Group Dates

### Chesterfield

Date/Time	Activity	Venue
Saturday 8th September 1pm to 5pm	Cinema	
Friday 12th October 6:00pm to 9:00pm	Joint Group Session	DAS Office Ripley

### Derby

Date/Time	Activity	Venue
Saturday 1st September 1pm to 5 pm	Cinema	
Friday 12th October 6:00pm to 9:00pm	Joinr Group Session	DAS Office Ripley



## **Frantic Families**

The Frantic Families group offer support to families with children who suffer ASD / ADHD. They provide a non-judgemental safe place where families can share experiences so they understand they are not alone. The group will be meeting from 10.00am at the Langley Mill Welfare.

To find out more about the group, contact: Tracey: 07811 250555, Leigh: 07903 500233 or Gary: 01332 623700

### **Understanding Eating Difficulties and Disorders**



First Steps is Derbyshire's only eating disorder charity. We support those affected by eating difficulties and disorders - this includes parents, partners and families - via support groups, online and telephone support and complementary therapies. Our support groups are non judgemental, welcoming and there is no pressure to participate.

t: 01332 367571 e: [info@firststepsed.co.uk](mailto:info@firststepsed.co.uk) <http://www.firststepsed.co.uk>

### **FREE HELP FOR CARERS OF PEOPLE WITH A LEARNING DISABILITY Go Get It.**

Offers carers the choice of 'one to one' coaching in stress and anxiety management, career development, health improvement and/or up to 10 hours home based training on how to best use tablet devices, smart phones, social media, getting online and I.T. training.

**Get It Together.** Offers Carer groups free 'start up, or grow packages'.

Our development packages provide groups with promotional support, including free web page set up and design, group speakers, constituting and membership development 'One to one' sessions 'Go Get IT', and group support service 'GET IT TOGETHER', are free.

Register your interest by calling the Helpline on 0845 8150139 or online at [www.ldcarersdirect.com](http://www.ldcarersdirect.com).

### **Free legal advice for residents in Derbyshire**

Chesterfield Law Centre is a registered charity that was set up in 1989 to provide free legal advice to Derbyshire residents. With funding from Derbyshire County Council, Legal Aid Agency and the Big Lottery Fund (Advices Services Transition Fund), Derbyshire residents will now be able to get free legal advice from eight offices throughout Derbyshire – Alfreton, Bolsover, Buxton, Clay Cross, Ilkeston, Matlock, Ripley and Staveley.

The Law Centre has a team of solicitors and advisers who provide free legal advice, assistance and representation on a range of housing and employment issues to tenants and employees such as prevention of homelessness and evictions, redundancies and dismissals.

John Duncan, Chair of Chesterfield Law Centre's Management Committee said: "With funding from Derbyshire County Council, Legal Aid Agency and the Big Lottery Fund, we are proud to be able to provide free specialist legal advice in housing and employment across Derbyshire."

For free advice on employment, housing and homelessness matters, contact **freephone 0800 707 6990**. For more information about this article, please



### **CREATIVE WRITING – A POSITIVE ROUTE TOWARDS GOOD MENTAL HEALTH AND GENERAL WELL-BEING**

Are you feeling depressed and anxious, struggling to cope with the stresses and strains of modern life? Why not join us at **Long Eaton Library** for our **NEW** writing for well-being sessions? Research confirms that writing expressively is therapeutic, relaxing and good for you, boosting self-confidence and feelings of well-being.

Whether you've never written anything but shopping lists before, or been a secret scribbler for years, come and be inspired by music, location, colour, language, essential oils, and the seasons. Begin a well-being journal, a short story, or a memoir about your life, become a diarist or explore your poetic self with tips and support from an experienced tutor, Chrissie Hall.

Our sessions are relaxed, friendly and informal, suitable for all ages (Over 16s) and abilities, if you need to bring a writing buddy along to help you access these sessions please contact us. One session will follow on from the next. You will need to commit to the whole course although allowances will be made for holidays, ill-health or caring responsibilities. Places must be booked in advance. A small charge of £2 00p per session will be collected on the day.

Janet Devereux, Secretary, Erewash Writers Group Tel: 0115 8498519

Chrissie Hall, 01332 881795

#### **Session Dates & Times**

The doors to the room at the Library will be open from 12.30pm and close at 3.30pm with the sessions running from 1pm – 3pm

Monday	24 <sup>th</sup> September	1pm – 3pm
Monday	8 <sup>th</sup> October	1pm – 3pm
Monday	22 <sup>nd</sup> October	1pm – 3pm
Monday	5 <sup>th</sup> November	1pm – 3pm
Monday	19 <sup>th</sup> November	1pm – 3pm
Monday	3 <sup>rd</sup> December	1pm – 3pm





# Mindfulness and the Art of Drawing

You will engage in different art projects which are specifically designed for relaxation and focusing the mind. Express yourself and your ideas through art.

Starting on Tuesday 11 September from 1pm till 3pm at the Rycote Centre, Parker Street, Derby, DE1 3HF for 5 weeks.



For more information please call our Learner Helpline

Tel: 01332 717900

Email: [enquiries@derbyals.org](mailto:enquiries@derbyals.org)

Website: [www.adult-learning-derby.org.uk](http://www.adult-learning-derby.org.uk)

## Support Meetings What's on:

### Welcome to the Grapevine Wellbeing Centre

The Grapevine Wellbeing Centre is open to all people who want support and help with their mental wellbeing. It is a resource centre providing access to a wide range of helpful services, activities and support.

At the Wellbeing Centre we have experienced volunteers who are always happy to listen and help out where they can. If they can't help they will point you in the right direction and guide you to the most suitable alternative services.

The Grapevine Wellbeing Centre is located at:  
15, Scarsdale Place, Buxton and is **open every weekday from 12.30pm to 3.30pm.**

Drop in for a drink, a chat and to catch up with Grapevine news, events and group activities.  
**Help and advice is always on hand.**

### Cypress Support Groups

Supporting Parents and Carers of children and young people with additional needs and/or disabilities. To find out more about Cypress Support Groups and the times, venues and upcoming dates of your nearest group visit the website at: [www.cypress.org.uk](http://www.cypress.org.uk) or call: 07990731477

### Parent /Carer support group for ASD/ADHD in Chesterfield

This group is run with the support of Derbyshire Carers.  
We meet at **St Thomas's Centre in Brampton, Chesterfield S40 3AW**  
on a Tuesday once a month 9.30 - 11.30am.  
We are quite an informal group and sometimes have speakers to come and talk to us.

For more information please contact Clare Griffiths on:  
[claree73@gmail.com](mailto:claree73@gmail.com) or Derbyshire Carers at 01246 222373

### Derby City Parent Carer Forum

We are a group of parents and carers of children & young people with disabilities and additional needs from Derby City. Our children are of various ages ranging from new born to 25 years of age. We are interested in making a difference and ensuring our children have the best future possible.

For more information call: 07733500336  
or visit <http://www.derbycityparentcarerforum.org.uk>



# Harvest Moon

Family Event

**Sat 29 Sept**  
**4.30pm-7.30pm**

The Lake, Godfrey Drive by  
Kirk Hallam Community College

**FREE activities include:**

face painting, lantern procession,  
cool science stall, giant bubbles,  
hula hoop heaven, arts and crafts,  
and more...

Food also available  
Adults £1.50 Child £1.00

**For more information contact:**

artsdev@erewash.gov.uk

[www.erewash.gov.uk](http://www.erewash.gov.uk)

**EREWASH**



Supporting mental health  
through learning something new.  
Develop confidence in a  
friendly environment.

**FREE  
COURSE**



**FREE  
course**

## HERBS FOR HEALTH

A practical course for beginners using herbs for:  
Lifting your mood | Helping sleep | Digestion |  
Coughs & colds | Aches & pains

**Thursdays 10am - 12 noon**

**20, 27 September, 4, 11, 18, 25 October**

**At P3 Hub, 98 Bath Street, Ilkeston DE7 8FE**

**To book your place contact Tracy Litchfield**

**T: 01773 742051**

**E: [tracy.litchfield@ambertrust.co.uk](mailto:tracy.litchfield@ambertrust.co.uk)**

Learn locally with Derbyshire County Council's Adult Community Education Service

[www.derbyshire.gov.uk/adulteducation](http://www.derbyshire.gov.uk/adulteducation)





A not-for-profit company from  money

Why not use Virgin Money to promote your fundraising activity and ask your friends and colleagues to donate to the DAS on-line. **Direct Debits can also be set up, for further details please contact the office on: 01773 741221.**

Thank you once again

Autism Friendly  
Water Meadows Swimming Club Water Meadows  
Mansfield NG18 1BA

This Saturday Swimming Club is organised by one or our Parents and has been running for the past 6 years. The cost is £12 per group of up to 5 people. If you would like to join please contact: Kathryn Brown on 07825 396 378. **Dates are as follows:**

**1st September and 6th October 2018 6.45pm-7.45pm**

## Derbyshire Independent Community Advocacy Service

### Contact Us:

Telephone: 01332 623732

Email: [enquiries@derbyshireindependentcommunityadvocacy.org.uk](mailto:enquiries@derbyshireindependentcommunityadvocacy.org.uk)

Website: [www.derbyshireindependentcommunityadvocacy.org.uk](http://www.derbyshireindependentcommunityadvocacy.org.uk)



### Give as you Live™

The "Give as you live" website brings together thousands of online retailers that have all signed up to donate a percentage of every purchase you make to us at no cost to you.

When you download "Give as you live" and sign in using your Everyclick account, or create a new one nominating "Derbyshire Autism Services Group" as your preferred charity. When you shop directly with one of the retailers listed they will donate a percentage of your purchase to us. The average internet shopper can raise £25 in one year, without any extra cost to themselves. It's quick to install and is 100% secure, so why not give it a try.

## ACTIVITIES & EVENTS

### THINGS TO DO & PLACES TO GO

#### TRAMPOLINING SESSIONS AT RIPLEY

For young people with additional needs. Qualified and experienced coaches. General supervision to be provided by parent/carer.

At Ripley Leisure Centre, Derby Road, Ripley. Saturday at 11.15 am, only £4.00 per session. Please contact Vanya Currell or Ripley Leisure Centre on: 01773 514727 and leave a message for Tracy to call you.



#### Ilkeston 1<sup>st</sup> Bowl

DASG members can bowl at the reduced cost to them of £2.50 each, per game, Monday – Sunday at anytime

#### Social Night—Over 18s

A social evening is held for the over 18's with additional needs at Hacketts, 8 King Street Belper (behind Boots) on the third Wednesday of each month between 7pm and 10pm.

There is no entrance fee.

A typical evening will be a disco, karaoke and an ever popular raffle. Drinks are available to purchase at the bar.

Further details are available from Elaine 07527364947.



#### Dimensions

Disco (Over 18s only). Disco for people with learning disabilities at

**The Venue Night Club**, Abbey Street, Derby. The 1st Monday of the month from 7pm-10:30pm. Contact: Shelly Burton on 07721 384920 or

#### Discos

**Social Night at Hacketts Bar in Belper** - social night for adults (18+) with learning disabilities. The 3rd Wednesday of the month 7-10pm. No entrance fee. A typical evening will be a disco, karaoke and an ever popular raffle. Drinks are available to purchase at the bar. Contact Elaine on 07527364947.

**Dimensions Disco** - disco for people with learning disabilities at The Venue Night Club, Abbey Street, Derby. The 1st Monday of the month from 7pm-10:30pm. Over 18s only. Contact Shelly Burton on 07721 384920

or [michelle.burton@dimensions-uk.org](mailto:michelle.burton@dimensions-uk.org)

**Just Good Friends** - night club event for people with learning disabilities at Escapade, Cavendish Street, Chesterfield. Over 18s only. Contact 07599 076866 or 07599 076868.

# Just Good Friends

A nightclub event for Adults with Learning Disabilities

## NIGHTCLUB EVENT

# Tues 11<sup>th</sup> September

7.00pm – 11.00pm

The **Vibe**, Chesterfield

**\*\* £5.00 each \*\***

If you want to book a ticket or have any queries please ring

Tel: 01246 913267

075990 76866 or 075990 76868

Quotes from some 'clubbers' "Nice to meet up with my friends"

"A brilliant night" "Best night ever" "Wicked" "Fantastic"

**OVER 18's ONLY**

Just Good Friends Nightclub event is a friendly, inclusive evening, but we can't offer one to one support, so if you need assistance, your friend or carer will need to buy a ticket too.



find us on Facebook jgfc club



LOTTERY FUNDED

**Fully Accessible**

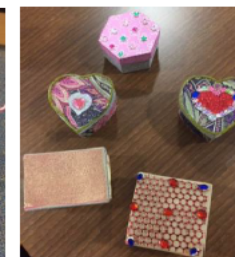
## Derby Adult Learning Service

Learning Opportunities for Adults

## Wellbeing - Mindful Crafts

On this course we will try a range of different crafts from fabric crayoning and painting to simple embroidery and applique, beginners crochet or something that you want to explore which we can incorporate into the sessions.

These sessions are about being creative, making new friends and being inspired to do more than you thought you could, so come along and have some 'you time' and creativity, it can do you the world of good.



At the Derby Multicultural Centre, Dairyhouse Road, Derby, DE23 8HN.

Starting on Tuesday 18 September 2018 from 3.45pm till 5.45pm for 10 weeks.

**For more information, please contact our learner helpline on:**

**Tel:** 01332 717900

**Email:** [enquiries@derbyals.org](mailto:enquiries@derbyals.org)

**Website:** [www.adult-learning-derby.org.uk](http://www.adult-learning-derby.org.uk)

meet

enjoy

learn

achieve



Derby City Council



For anonymous independent support, we're here:

**STOP HATE CRIME™**  
**0800 138 1625**  
**24 HOUR HELP LINE**  
**Text Relay 18001 0800 138 1625**

**online** **post** **text**  
[www.stophatuk.org](http://www.stophatuk.org) Stop Hate UK Head Office 07717 989 025  
(webchat, online form, email) PO Box 484 | Leeds  
LS7 9BZ

**HANDS UP FOR NOT LIVING IN FEAR**



The **Stop Hate Line** is run by **Stop Hate UK**, an independent charity which aims to raise awareness and understanding of discrimination and Hate Crime, encourage its reporting, and support the individuals and communities it affects.

Registered charity no. 1062692.



Feb 2011

**Disability Gender Identity Race Religion Sexual Orientation**



## 3C's A 7 Week Creative Course for Adults

Starting on Thursdays from 20th September to 1st November 2018

Time: 10.00am -12.00Noon

At Erewash Voluntary Action- CVS  
Granville Avenue, Long Eaton, Derbyshire, NG10 4HD

**FREE**

You're welcome to join us if you live in Erewash  
Please contact Kate Smith on 07950781948  
or email: [katesmithstudio@hotmail.com](mailto:katesmithstudio@hotmail.com) to book your place.

You don't need to have any experience  
of art or to be particularly artistic.

The aim of the group is to help improve peoples confidence and wellbeing  
using a creative activity and an opportunity to socialise with others.

Materials & refreshments provided.

Join Kate Smith, Award Winning Children's Illustrator/Designer, Workshop Leader  
and Derbyshire Healthcare NHS Foundation Trust Volunteer



**Delivering  
Excellence  
Awards 2015**



**Volunteer Centre**  
Erewash

**mhfa**  
mental health first aid england

South  
Area

BRIGHT  
SIDE

## Autumn Courses 2018



 **DERBYSHIRE**  
County Council

These FREE courses are available for anyone experiencing mental health difficulties, or emotional or psychological distress. One in four of us go through this at some time in our lives. People can join Bright Side as an individual or through a support group.

The Bright Side courses are normally 12 hours long, spread over several weeks. They deliver a rich variety of practical and hands on skills, such as outdoor and creative activities, cookery and relaxation, all in a friendly setting.

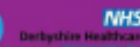
Each programme will be adapted to the interests of each group and can offer a stepping stone onto other activities.

People with understanding and experience of mental health issues have helped us to develop Bright Side courses because they know how learning new skills can help. Additional support will be provided to help people to join in, enjoy themselves and move on.

**For more information  
about these courses, contact**  
**[brightside@derbyshire.gov.uk](mailto:brightside@derbyshire.gov.uk)**  
**01629 533733**

To get a copy in a community language,  
on audio tape or in large print,  
please call **01629 533733** or visit  
**[www.derbyshire.gov.uk/adulteducation](http://www.derbyshire.gov.uk/adulteducation)**

The details contained in this brochure are correct at the time of going to print.  
However we may have to make changes, giving advance notice whenever possible.



 **DERBYSHIRE**  
County Council



## Art for Wellbeing



Learn techniques to create fabulous art, using different materials and styles. Enjoy the company of others on this relaxed and friendly course

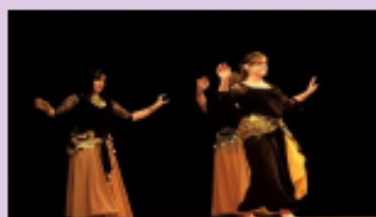
Day	Time	Start Date	Venue
Tuesdays	10:00am–12:00pm	18/09/2018	The Church of Christ Riddings DE55 4EZ

Contact Chris at Oscari on 01773 8221330 or [Janice.watson@derbyshire.gov.uk](mailto:Janice.watson@derbyshire.gov.uk) to book your place

## Explore Belly Dancing

Join us for this friendly, fun course. Enjoy learning a new talent whilst keeping fit and active.

All abilities welcome

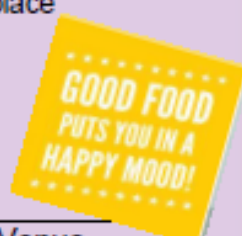


Day	Time	Start Date	Venue
Wednesdays	1:00pm–3:00pm	19/09/2018	The Hub South Normanton

Contact The Hub on 01629 533733 or [Janice.watson@derbyshire.gov.uk](mailto:Janice.watson@derbyshire.gov.uk) to book your place

## Connect. Create & Cook

Come and join us to explore the role food has in supporting our wellbeing; this is a small group and all abilities are welcome.



Day	Time	Start Date	Venue
Thursdays	10:00am–12:00pm	19/09/2018	The Croft Ripley

Contact The Rethink Team on 01773 513508 or [Janice.watson@derbyshire.gov.uk](mailto:Janice.watson@derbyshire.gov.uk) to book your place

## Herbs for Health

A practical course learning how to safely harvest, dry and use the medicinal herbs around us; building your confidence to benefit from their medicinal properties safely.



Day	Time	Start Date	Venue
Thursdays	10:00am–12:00pm	20/09/2018	Amber Trust Hub Ilkeston

Contact Tracy Litchfield at Amber Trust on 01773 742051 or [Janice.watson@derbyshire.gov.uk](mailto:Janice.watson@derbyshire.gov.uk) to book your place.

## Creative Journaling

Learn about the therapeutic benefits of journaling in a relaxed and friendly group where you can learn new and exciting techniques to express your thoughts and feelings. Journals provided.



Day	Time	Start Date	Venue
Thursdays	1:00pm–3:00pm	20/09/2018	Amber Trust Ripley

Contact Tracy Litchfield at Amber Trust on 01773 742051 or [Janice.watson@derbyshire.gov.uk](mailto:Janice.watson@derbyshire.gov.uk) to book your place.

## Pals, Pens & Poems



Join us and discover poetry in a new and exciting way. Come along and unlock the creative writer in you!

Day	Time	Start Date	Venue
Wednesdays	10:00am–12:30pm	19/09/2018	The Hub South Normanton

Contact The Hub on 01629 533733 or [Janice.watson@derbyshire.gov.uk](mailto:Janice.watson@derbyshire.gov.uk) to book your place